



**SCOTTSDALE
COMMUNITY COLLEGE**
A MARICOPA COMMUNITY COLLEGE

SCC FITNESS CENTER

Group Exercise Schedule

FREE to all SCC Fitness Center Members. Please visit our website for updates.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM		Mat Pilates Heather		Power Pilates Heather		
7:30 AM	Yoga Ross		Yoga Ross		Yoga Ross	
8:15 AM						Barbell Strength Lee
8:30 AM	Tai Chi - Easy Jake		Latin Dance Bridgette	Gimme Strength Lee	Chair Yoga Nancy	Yoga Room 502, 75 min Michele
9:30 AM	Step Bridgette	Dance Fitness Libby	Barre Bridgette Spin Susan	Lo Impact Lee	The Mixx Lee	Bootcamp Eric South Gym
10:30 AM	Latin Dance Bridgette	Silver Sneakers Classic® Domni		Silver Sneakers Circuit® Lee	Silver Sneakers Classic® Lee	
11:30 AM		Strength & Stretch Domni	Chair Yoga Nancy			
4:15 PM	SHiNE Dance Fitness Lisa	Tai Chi Jake	Upbeat Barre Domni	Tai Chi Jake		
5:15 PM				Lo Impact Domni		
5:30 PM		Yoga Nancy	Boot Camp Eric	Yoga Room 502 Maureen		
6:15 PM				The ABC's Domni		

HOURS OF OPERATION

Monday - Thursday

6:00 AM to
8:00 PM

Friday

6:00 AM to
7:00 PM

Saturday

7:00 AM to
3:00 PM

Sunday

10:00 AM to
2:00 PM

AMENITIES

- Full use of gym
- Lockers
- Showers

480.423.6604 | www.scottsdalecc.edu/fitness-center

CLASS DESCRIPTIONS

Barbell Strength

Get a total-body workout using barbells, weighted plates, dumbbells, and your own bodyweight as resistance. You will feel challenged and wanting to come back for more.

Barre

Incorporate a fusion of Pilates, strength training, and ballet targeting specific muscle groups to help improve strength, balance, flexibility and posture.

Bootcamp

Combine cardio, weight training, and calisthenics in a fun but hard workout for all fitness levels. HOO RAH!

Chair Yoga

A form of yoga practiced using a chair to assist with pose alignment. All levels.

Dance Fitness

Combine the technique of dance with the benefit of fitness. Enjoy movement as you stretch and align, followed by rhythmic step patterns.

Gimmie Strength

Build functional strength using dumbbells, barbells, and other equipment, and finishing the class with an ab blaster session.

Latin Dance Cardio

Get your heart pumping and your hips moving with instructor-led routines that features sequential Latin-inspired moves.

Lo Impact

Follow basic movements that include 30 minutes of cardio, ending with basic strength training exercises, balance work, and flexibility.

Pilates (Mat)

Create a strong core and enhance flexibility and mobility by following the principles of mat-based Pilates. All levels.

Power Pilates

Combine full-body, high-intensity strengthen training with classical Pilates for a more challenging workout.

SHiNE Dance Fitness

Join our certified instructor for a high-energy, fun-filled dance workout experience!

SilverSneakers Circuit®

Boost cardiovascular fitness, strength, agility, balance and flexibility by alternating non-impact cardio with upperbody strength work. All levels.

SilverSneakers Classic®

Build mobility, strength, agility, and balance as well as improve daily functional skills in this chair-assisted class. All levels.

Spin

Pedal to high energy music, controlling your own intensity to fit all fitness levels. Enhance cardio and strength while reducing stress.

Step

Step up to improved overall fitness, building strength and boosting cardiovascular health. High-intensity cardio modified to your abilities.

Strength and Stretch

Strengthen the total body, focusing on weight training, stretching, and working through full range of motion.

Tai Chi

Reduce stress while building strength, agility, and balance using graceful Chinese sequences. Variety of classes, from basic to advanced.

The ABC's

Arms, Balance, and Cardio: combine upper body strength with balance and cardio.

The MIXX

Combine cardio and muscle exercises in one-minute intervals for a total body workout, ending with core exercise and recovery stretches.

Upbeat Barre

Combine strength training, Pilates, cardio and yoga into a high-energy fusion class.

Yoga

Learn correct yoga technique and build systemic strength & flexibility. All levels.

**ARTIE
LOVES
FITNESS!**



Scottsdale Community College Fitness Center
9000 East Chaparral Road, Scottsdale, AZ 85256-2626 • 480.423.6604
www.scottsdalecc.edu/fitness-center